

Year 2

7-10

SELF CONFIDENCE

"Nothing builds self-esteem and self-confidence like accomplishment." -- Thomas Carlyle

When you have good Self Confidence, you feel strong inside. Not strong with your muscles, but strong with your mind. Let's say a bully is picking on you at school. You can handle this situation! All you need is some confidence. Chances are, once the bully realizes that you are a very confident person, he or she will no longer pick on you.



Self Confidence helps you in many other areas of life as well. When you feel strong inside, you tend to take on more challenges in life. The more challenges you take on, the more you grow as a person.

Depending on the type of challenges you take on, you can become smarter, stronger, and healthier. Or, you'll simply just have more fun in life. It takes a lot of confidence to ride that huge roller coaster, right?

There are things you can do in your life that will improve your self confidence. Just like the quote says above... "Nothing builds self-esteem and self-confidence like accomplishment."

Confidence Exercise

You must set out to do something you've never done before. The bigger the challenge, the bigger the accomplishment. The bigger the accomplishment, the bigger the improvement in Self Confidence.

1. Why do you think accomplishing things builds confidence?
2. What keeps people from wanting to take on challenges?
3. What is something you will set out to accomplish, that is outside of Taekwondo?

Parent, teacher, or coaches signature: _____